HUMPHREY PERKINS SCHOOL
Lionheart Educational Trust

Humphrey Perkins School
Cotes Road, Barrow Upon Soar, Loughborough,
Leicestershire, LE12 8JU

01509 412385
office@humphreyperkins.org.uk
www.humphreyperkins.org.uk

Deputy CEO Jenny Piper-Gale
Associate Principal Della Bartram

5 November 2026

Dear Parent/Carer,

As a part of your child's education at Humphrey Perkins School, we promote personal wellbeing and development through a comprehensive Personal Development Curriculum (PDC). PDC is the curriculum subject that gives young people the knowledge, understanding and practical skills to live safe, healthy, productive lives to meet their full potential. Over the course of the year, your child's class will take approximately 10 lessons which focus on relationships and sex education (RSE).

RSE lessons will include, but not limited to:

- Healthy and unhealthy friendships, sexual health and intimate relationships
- The importance of families; growing and changing, including puberty
- Personal hygiene
- Changing feelings
- Becoming more independent
- Keeping safe and consent
- Developing self-esteem and confidence

Students will have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PDC education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body. Lessons are age appropriate and sequenced. Please visit the school's website for our RSE policy:

let-rshe-policy-ks1-5-2026-2028.pdf

Our website also contains more detail about our PDC curriculum and how you can get involved with your child's education. All PDC teaching will take place in a safe learning environment and is underpinned by our school's ethos and values.

Any parent who wishes to opt their child out from sex education in PDC, needs to email office@humphreyperkins.org.uk with your request to do so. This request will need to be completed on an annual basis, even if you have done this in previous years.

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We want to ensure our students have the knowledge and understanding to make decisions that keep them safe now and in the future.

Yours sincerely,

D. J. Bartram

Mrs D Bartram
Associate Principal